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W. E. H.

Acute Rheumatism

by

Joseph T. Shaw

of

Maryland

January - A. 1827

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## Acute Rheumatism.

Though not ranked among the opprobria  
medicorum, there are perhaps few diseases, to which  
the human system is liable that more frequently  
arouse the feelings of the compassionate Physician  
and cause him to experience and regret the imperfec-  
tion of the healing art, than the one now under consi-  
deration. Though life be seldom in danger, yet long con-  
tinued and agonizing pains, sometimes makes even  
death not undesirable. Unlike Gout which generally  
attacks the luxurious and indolent and higher clas-  
ses of society, Rheumatism, as if no condition in life should  
be exempt from its troubles, selects for the most part  
the labouring class, those whose occupations subject them  
to exposure to its exciting causes, and whose own & whom  
multiples support demands their personal exertions, influc-  
ing on them little less than the pangs of hybernical tor-  
ment. Witnessing some unhappy cases of this description  
induced me to investigate as far as my limited means would  
permit, the nature and treatment of this disease as detail-

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by the best writers, within my reach, who have treated on  
the subject; the result of this investigation, and my own  
experience, will be ~~comprised~~ <sup>encompassed</sup> in the following dis-  
cussion. Confounded with Arthritis, this disease has not been  
distinctly or separately treated of by any of the ancient  
Physicians. 'tis true the word "*reumaticus*" is used by Galen  
but so vaguely that we are left in doubt whether he meant  
the disease at present known by that name - % Ballonius  
gives the first accurate description of it: and his treat-  
ment has been followed in some of its most prominent fea-  
tures, by the best practitioners to the present day.

Ballon has defined Rheumatism; "A disease from an ex-  
ternal and often an evident cause, pyrexia, pain about  
the joints, following the course of the muscles, fixing up  
the knees & larger joints, in preference to those of the feet  
& hands, increased by external heat;" Dr Lindamore has de-  
scribed it as. "A peculiar species of inflammation, af-  
fecting the parts which have a fibrous texture, and most  
frequently the synovial membranes, producing much  
sympathetic irritation in the constitution and fever of  
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the inflammatory type," Dr Good in his valuable work on the sanguiferous function defines acute rheumatism as "pain inflammation and fullness usually about the larger joints and surrounding muscles, often wandering, urine depositing a laticitious sediment. Fever a caussa."

By comparing the above <sup>old</sup> mentioned definitions and numerous others which might be collected, if the nature of the subject required, we shall find <sup>it</sup> so striking as to point the disease as ~~one~~ of a specific nature, and bearing its own peculiarities so strongly impressed as to surprise us that it should so long have remained undistinguished from its kindred affections, -

Norologists have generally divided Rheumatism into Acute & Chronic for which the terms *Tonic* and *Alonic* or *sub acute* have been latterly proposed as more expressive, yet still as the former are more generally known & better understood, I see no necessity to change them, and shall therefore retain them in this essay -

Acute Rheumatism is ushered in with the ordinary symptoms of pyrexia, preceded or succeeded by pain in  
the





The large joints, most frequently the hip, knee, shoulders, elbows, rarely, <sup>the</sup> fingers or toes. Though sometimes attacking muscular parts, the ligaments, tendons, aponeuroses and fibrous textures of the body seem to be the legitimate seat of the disease; The Fever has exacerbations in the evening. The patient is restless & irascible, and complains of increase of pain at night, from the heat of the bed & covering. The urine sometimes pale in the commencement, though generally high coloured depending upon the disease has continued for sometime & contains sediment. The bowels are mostly costive.

The Sympathetic fever is speedily established, attended with a hot dry skin, a full hard & frequent pulse; the blood if examined has a coriaceous appearance, the tongue covered with a whitish viscid fur, and the complexion of a yellow hue, frequently an irregular perspiration breaks out - unaccompanied by any obviously beneficial effects -

There is no disease probably in which metastasis is more frequent than in this, I have seen a case where the pain would pass almost instantaneously from the knee to the ankle, or to the knee of the opposite side, to the shoulder, hand

<sup>x</sup>The integuments not infrequently feel the effect of metastasis

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up and various other parts of the body - sometimes, in the  
language of Dr Ford, it starts internally upon organs we  
should little suspect as the diaphragm and the pleura, and I  
now or occasionally know the stomach as suddenly and as  
severely affected as in gonorrhea; it is also said at times to pile  
upon the heart & the intestinal canal, and to produce ex  
cruciating torture in both these organs; these changes  
are most apt to take place at night. From its paroxysms  
& metastasis, and frequently attacking two similar parts  
at the same time Dr Darwin was led to consider Rheuma  
tism as not a primary disease, but the consequence of a  
dislocation of matter from one part of the  
system to another. Whatever part it attacks it renders  
and a very perceptible increase of heat in the part  
sore to the touch, inflamed, red, and swollen, a puffy tumour.  
A gentleman who has experienced the utmost torture it  
could inflict. "The Rheumatic's Laid" The muscles are af  
fected with spasmodic twitches, I have seen the  
limb start of itself from the pillow it reposed on  
causing the patient the most excruciating pain.

Persons labouring under acute Rheumatism compare the pain  
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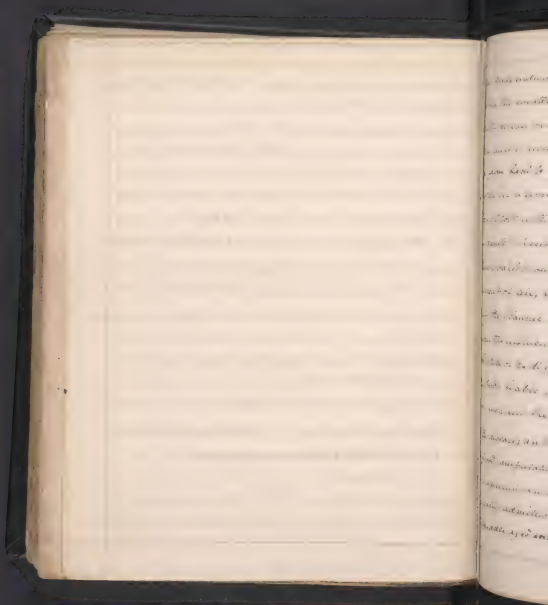
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they suffer to what they suppose would arise from an  
injury gnawing the part; a burning, throbbing & pricking  
sensation is also experienced. "The anxious expression  
of the patient's countenance under a fit of Rheumatism  
marks the severity of the disease." The countenance is also  
pale & flushed alternately and the skin of the face relax-  
ed, for the most part covered with a greasy kind of mois-  
ture. The affected joint is more or less swollen and when  
entirely at rest is sometimes easy. The least motion gives  
pain. The disease sometimes goes off without any obser-  
vable crisis, at others it disappears with a laborious deposi-  
tion in the urine, or by a gentle diarrhoea, or a general  
diaphoresis or hæmorrhage from some particular part.  
It has been remarked, and my own knowledge in one case  
bears testimony to the truth of it, that when the knee or hip  
is the seat of Rheumatism the genital organs of that side  
are affected. ~~with an appearance of inflammation~~

#### Causes

Rheumatism is a disease of the sanguiferous system, it  
has been observed in summer & can occasionally run in winter.



the temperature is uniform; but in this climate  
where the weather in winter is remarkably variable, I would  
not be surprised to find it often to appear that the cold is spring  
the winter is usually alluded to as the most deleterious to the system  
a form least to cold or vice versa, both alluded to the brain  
often in a human combination; the long continued exposure  
of the body to moisture increases the cold, and the cold  
it stands alone. Standing on the cold wet ground with  
the hands, however, keeping partially covered exposed to a  
current of air; too early change of winter clothing, especially  
the flannel, or the excessive exposure while  
under the influence of the sun's rays of exposing many persons  
to cold or the disease is caused by unduly debility rendered  
the body is able to be affected; sprains, luxations, and what  
we may term the structure of the joints; a previous attack  
of the disease and according to Sir C. Wellingham as cited by  
Dr. Good, amputation predisposes to it. That Rheumatism  
is secondary in the nature of the disease. It is here is a most uni-  
versally admitted. Both sexes are equally exposed to it, but  
the middle aged more than the young or old are exposed to it, at least  
but





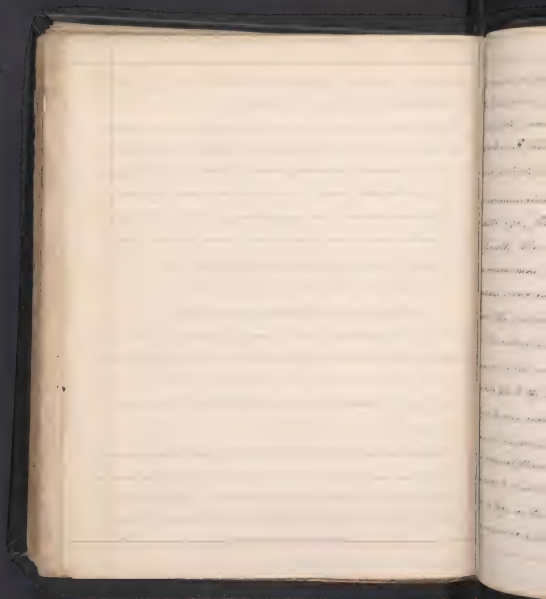
in fact is by no means confined to them; the same may be  
the cause of the disease, & the cause of Rheumatism  
is a remote cause involving that of inflammation, & seems  
to be a vexatious question among pathologists, & since the  
remote causes of diseases generally, have baffled the en-  
quiries of Physicians from the earliest times, and they appear  
now to have arrived not much nearer the truth than H  
boet who describing their escape from Pandora's box  
observes, "Vires & visibiles ipse quærit ipse non potest."

Autemata autem, & autem, & autem, & autem

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moses. The only disease which we are in any danger of mistaking for  
gout, are Gout and some of the symptoms of secondary Syphilis  
which sometimes bear a strong resemblance to the former  
age, in this case the history of the patient's previous life  
will afford us the surest diagnosis.

Andamors in his valuable treatise on gout has drawn  
the discriminating symptoms between it and Rheumatism  
and not as better than quote his words, "Non Rheuma  
in the joint is so much distinguished not so much by any  
one



in much as the occurrence of several circumstances, so  
to find it out, it is often happen that more than one part  
is affected, and still more rare is that more than one part is  
affected at the same moment. The relative disposition of  
out with its situation in the first attack is a striking, some  
times remarkable, to which may be particularly add the  
small size. The ordinary example the finger is not  
difficult. The remissions during the day from pain and fever  
is much more distinct in acute gout than in acute Rheu-  
matism: and among the more common symptoms of acute  
gout, the swelling of the joint, and the redness of the  
skin, and the immediate experience the occur-  
rence of a jet into the joint, and the redness of the skin, and  
with a jet to the finger in the inflammation is a common  
feature, even before the joint is swollen and extremely  
tender; the largest state of the inflammation, however, is not more ac-  
ute and general than in Rheumatism, sometimes appearing in  
the whole hand, and occasionally preceding the inflammation  
of a joint or two or even larger. In pain in Rheumatism  
there is more and more of the inflammation, and thus not, because



but the stages appear to be in a continuous line:  
the progression of the inflammation is so continuous, the cases in  
fact, united in nature. The inflammation is continuous. But  
I cannot say further, that it is continuous, because the  
character of the degeneration of the system, when an inflammation  
has occurred, and may usually be said to continue, is not  
a continuous change of the character.

It should also be agreeable with the patient's own feelings  
and the diseases of human immortality, is a question  
which upon which.

From the symptoms and phenomena of Rheumatism  
it may readily be perceived that it is a disease of in-  
flammatory action modified by the tissue in which it  
is located. The leading indication of cure will be to  
reduce vascular excitement. This is most effectually  
done, first, by E. Section, but this, in the language of  
Chapman there is no substitute. It should be repeated  
again & again if the state of the system requires and  
will bear it. This practice has the sanction of the best  
medical authority; it was principally relied on by Bal-  
lance.

[illegible]

which, as we have said before, is necessary  
to eliminate the disease, Sydenham also placed his  
chief reliance on it; his plan was to bleed powerfully  
in order to keep the bowels open and restrict  
the patient to the corner-bed. Dr. John Pringle in  
his cases of the aneurysm observes "that the cure was  
invariably obtained only by repeated and almost daily bleed-  
ings till the patient was without pain, and that  
independent bleeding, whether the body be perhaps more  
in caloric or any other disease. When the fever is violent  
however Dr. Good and especially when the frame is re-  
laxed, our only remedies are P. M. and desphatics  
by the former which will often demand repetition  
we take off the inflammatory diathesis,

Sydenham in his treatise on this disease observes that  
Bloodletting is our chief remedy here it should  
be drawn in large quantities and the bleeding frequently  
repeated in proportion to the frequency fullness &  
hardness of the pulse and to the violence of the pain.  
In the most part large and repeated bleeding seem  
to be





emphatic and according to have been very much  
employed but to this, one instance, would be seen for  
very profuse bleedings occasion a slow recovery and  
it is not absolutely effectual are ready to produce a chronic  
rheumatism. It would be needless to cite ~~more~~ another  
in favour of this remedy as the concurrent testimony of  
almost all practitioners agrees in placing it the head  
of the curative means. The blood when drawn at the com-  
mencement of an attack presents the same appearance  
as that taken from the arm of one in vigorous health  
but at the second bleeding it generally shows the in-  
flammatory crust. We should be guided here as in  
decisions by the appearance of the blood drawn, by the pain  
and pain. It could be in such cases, there have been high-  
ly callored by some they prove useful not so much by  
their control over the vascular system as by cleansing  
the stomach and unloading with offensive matter which is  
often the case, particularly when the disease arises  
in miasmatic districts and where the hepatic apparatus  
is diseased. I cannot a copious exhalation of hydrogenium  
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[illegible]

Emetics may be resorted to with decided advantage  
they are peculiarly indicated in regard to preparation to the em-  
ployment of vomit in his disease, though he ob-  
serves that it is sometimes necessary to <sup>use</sup> ~~the~~ Section also.  
Spoke, from the consideration of emetics to that of purga-  
tives they have not generally received the sanction of the  
profession but for my own part I should consider them  
a valuable remedy. I am certain that I have seen a case  
where the exhibition of an active cathartic was pro-  
duced of a cephalic pain and the subsidence of pain  
in attack for two or three days. In almost all the other  
inflammatory diseases the efficacy of purgatives is undenied  
in ~~the~~ (purgatives) ~~in~~ <sup>in</sup> natural action and ac-  
tively powerfully in treating of the practical appli-  
cation of cathartics Dr Chapman observes that as  
much as in any other diseases are the genuine phleg-  
masia treated by purgatives. Of the more inflammatory of the  
order is acute Rheumatism and of course, those among  
the venient in the early stage are useful.  
Dissolved, or ill managed it will sometimes continue with

[illegible]

not any considerable abatement in morbidity. The  
intestinal mucus of the anus is now kept up while  
the night is warm and much reduced in value to  
meet the patient's demand for this in the day  
it occasionally gives great advantage. It is no  
more than any other remedy to give the action of  
the articular and to diffuse excitement over the system  
which in these cases is chiefly concentrated in the bowels.  
Every one who has had much clinical experience  
must have observed the intimate connexion which subsists  
between rheumatism and the acute affections of the ab-  
dominal intestinal canal, as cholera, dysentery, dyspepsia,  
&c. This latter disease has been maintained in some to  
be a rheumatic state of the bowels. They frequently al-  
ternate. — Nothing indeed <sup>much</sup> more common than to  
see rheumatism, erysipelas, or even ~~scarlatina~~ by dysentery  
spontaneously induced, the course which nature, some-  
times, I have once fully imitated in the more ob-  
scure and protracted cases of the disease."

During the whole course of the attack from the tension

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one to constipation, it will be necessary to employ medi-  
cines to keep the vessels in a soluble state and procure  
one or two evacuations daily, for this purpose Rhubarb  
Magnesia Sulphur, or even Tartar Sol de duobus are  
prescribed. Sulphur from its action on the surface is consid-  
ered particularly useful. When the Sympth. hie. pueri is  
established and the stomach and chylificative viscera are  
disordered small doses of calomel or the blue pill worked  
off by Rhubarb, or Senna, or neutral salt according  
to the plan recommended by Abernethy, will be found  
extremely serviceable.

The utility of Diaphoretics in Rheumatism is univer-  
sally admitted but to prove beneficial they should not  
be exhibited till vascular excitement is sufficient-  
ly reduced by previous depletion. It would, as a ge-  
neral rule, be best to commence with the use of milder  
articles of the class. As a state of Ammonia, neutral Salt  
Sweet spirits of Nitric &c by an attentive observance of their  
effects, we may conclude on the propriety of the more ef-  
ficacious. Sarsaparilla have acquired a well deserved  
reputation.

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reputation in this disease but there is a great difference of opinion  
in their use, they are more admissible whilst the patient  
is in the febrile excitement & colder and when more languid  
& faint their use is there, they <sup>improve</sup> the patient's condition & cause  
to sleep for twenty four hours. The mixture powder given  
is a very excellent remedy. External means are sometimes  
resorted to in order to procure diaphoresis. The warm bath  
and vapour bath are decidedly useful.

The Peruvian bark has been employed in this disease by many  
of the most eminent practitioners. Dr. Astruc. Dr. Sydenham  
Dr. Sydenham, Dr. Sydenham and several others especially in the  
intermittent & remittent forms of the disease in the high  
stage of the fever. Dr. Astruc observed that for the last  
thirty years he had treated Malaria & continued with Peruvian  
bark and not without success more than five or three hundred  
though he had treated several hundred cases in the  
intermittent under the disease, during that time.

Dr. Sydenham has used it with still more decided success  
& commenced the treatment by giving the patient an antiseptic  
and emetic so as thoroughly to evacuate the stomach, then



In persons back in cases of 1 and 2 is given even two or three  
times gradually increasing the dose to 20 or 30 grains. It  
seems to prove ineffectual, but never surmounts than present  
is agreed with the patient's stomach. In such cases powder  
magnesium is repeated the emetic and even before the stomach  
will receive the medicine. In concluding his remarks on  
the mode of treatment he observes that persons who have  
been through the disease the fluency back is a more power-  
ful evidence of derangement than ever another disease  
and that it should cure the system to return to health  
his premise those flows from which often affect the system  
when used in the ordinary way

It is necessary to observe that the weight of medicine must  
be increased <sup>the quantity</sup> as the patient's condition improves. It is essential  
to observe in the treatment of matters of this kind that  
it is of great importance to observe the patient's condition  
and the nature of the disease and the stimulation of the  
system of the medicine should certainly coincide with  
the practice. That seems to be the effect of the medicinal  
substance upon the system of the patient in relation to the  
system of the system



conforms to the observations of Dr. Holcombe recently published  
I am inclined to think it would be more sensibly ascribed  
Dr. Holcombe, than to the use of bark as being suited to the common  
tendency to recurrent strength and promote recovery. I do not also  
those cases decided in long continued distress, generally of a  
remittent or interrupted character - <sup>in days</sup> ~~the~~ system is common  
in recurrent and the disease may be some times led to  
be decided to the new manner of using the disease. It is cer-  
tainly the most common practice, and is corroborated by  
the most numerous and best authorities.

ii. John Brown is in no doubt of the efficacy of the  
to be used internally, he had used two camphor lozenges  
not prepared to be used to excite a sweat  
Having thus replied to the principal general remedies, I shall  
next proceed to the most local means. In the first place  
consider the most prominent remedy in a local remedy  
but when the disease is local in some particular part of  
relation with some other part of the system. It is true  
the disease is local, but it is not a local disease. It is a  
to be used. The symptoms of local disease are not usually  
are usually

per usual

in 1780

in 1781

in 1782

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in 1800

are usually resorted to. Friction with ointment of  
oil & camphor, volatile liniment, camphor, nammy,  
ointments, & rubbings of real & mild, spirits. &c. &c. &c. &c.  
are highly valued by the natives & are in the authority  
of the European Physicians but Friction. The application of  
friction is valuable in many cases. There are some cases  
in which this is good, but the rubbing of the  
limbs, even of one part of the limb & three of the camphor  
mixture is according to the author, worthy of the most  
commendation as an auxiliary & general treatment. The ef-  
fect of this application says he is to excite & preserve - tension & heat  
by the application of friction in the disease. There are some cases  
in which, and to the case in which, that there is in some  
respects friction. I have thought it not improper to introduce it  
here. A disease has been subject to attacks of rheumatism  
from his youth. The disease has some a local nature upon  
the right knee. This is attributed to an injury done the joint  
by dropping when a boy from a tree, and at another time when  
he was seated at a game of chess - His first attack happen-  
ed in the year 1802. during which attack he was attended by

[illegible]



"My Brother of America" who at that time was one of the most  
distinguished practitioners in this country, and physician to  
several Washingtons but the disease yielded to no particular  
remedy and as the patient expressed it more & more, "I was  
that time he continued pretty <sup>well</sup> ~~fine~~ <sup>fine</sup> if we exact a few slight  
attacks, till 1813, in the fall of this year he was seized with a  
most violent recurrence of the disease which continued throughout  
the succeeding winter & spring and did not finally terminate till  
the middle of summer. During the whole of this attack he had the  
best medical attention that could be procured in this country  
by the skill & industry of his physicians could derive, on the  
the eve both of his friends & his foes - for his religious convictions  
opposed, towards the termination of his illness he was just under  
the influence of mania and a robust salvation induced  
in abscess formed in the incipience of the limb over the sum-  
mit of the head of the Gastrocnemius muscle, from which a  
considerable quantity of pus was discharged, with this the  
disease disappeared and did not return again till the winter  
of 1812, when a fair ~~return~~ <sup>recurrence</sup> occurred and having been pre-  
ceded the same season terminated about the same time of the year  
and in

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and in suppuration, in this case her abscess proved more violent than  
any occurred the other over the insertion of the Scleritis, marked tendons  
in the front of the lining; in this attack the patient was treated by  
her a very respectable practitioner and graduated at this university  
in the same manner as he has been in the preceding one, except  
that a suspension of business was employed over the affected part  
and the salivation omitted. — The abscess here again, however  
indicated itself after the discharge of the matter the recovery soon  
ensued and the limb got well. He now enjoyed an exemption  
from the disease till the summer of the present year when  
when from some slight exposure to cold, his system being  
debilitated and excited by intense application to study  
and a state of mind constipation the disease returned; he was again  
attacked most violently with all the symptoms that usually  
show the disease, — I am now a long that this attack  
has resulted to in consequence of a strong opinion in the  
patient's mind against the employment of salivation  
but in the two preceding attacks through some  
inattention to his health it was not pushed but prevented  
it, and although the patient's system was not so strong as it was  
in the first attack



near cathartic Saliva in a more copious, seemed to prove  
of moment service in pointing up the pain, & as a consequence  
in their recurrence the purgative was repeated again & again  
but it proved insufficient to expel the disease, the pain soon  
went into its former seat, the sympathetic fever was exten-  
sive and the pulse prostrated, I shall not enter into a de-  
tail of the treatment here resorted to, but it is sufficient to observe  
that he was attended by experienced Physicians - after general  
effusion had been caused to considerable extent - leeches, & phlebotomy  
were used such as sulphur & castor oil volatile liniment & poultice  
were used, & other means were resorted to, & in a few days of this  
treatment he was sent to the effect of these, and an opportunity  
was taken to have him removed to the last abode, & the  
rest of the treatment the Doctor he wishes to continue  
in a case of exciting considerable irritation, but not much more  
than is commonly experienced from them, but soon after the admission  
of inflammation & actually subsided and the pain ceased, the hands  
and hands were disposed and the feet became of a natural soft  
heat, & the remedy acting as a most copious emmenagogue  
was resorted to observe how the pain might be driven from the

[illegible]

just of the joint another when seated in the muscular glendon, can  
medially above the knee and behind it: the application of a vesi-  
cator then would completely discharge it: It would pass then down  
the parts below the joint a renewal of the application there would  
drive the pain around to the front of the joint to the heads of the  
femoral articular <sup>opposing muscles</sup> & thence to the parts above the joint the seat  
of pain and from which it was successively driven by the ap-  
plication as a blister. - The patient has become quite sensible  
to their employment convinced of their efficacy in alleviating pain  
and mitigating the violence of the disease he resorts to them when  
ever his sufferings are severe as others do to opiates in some of the  
incurable kinds of disease. What would be the effect of a large  
blisters being applied both above & below the affected joint?

It may be proper to observe that the disease has again run on to sup-  
puration but is not yet (December 19<sup>th</sup> 1836) cured. I am quite  
sensible that this disease seldom terminates in suppuration  
and many authors say it never does.

Regimen & diet: The antiphlogistic regimen should be more  
strictly enforced, the patient should be incommoded neither by  
heat or cold but carefully guarding against any sudden va-  
riation

[illegible]



restoration of temperature, should avoid motion as much as possible  
the rest being required to the cure of all inflammation, where  
particularly that of the joints and has regard to cleanliness, his  
diet should be extremely low, the light farinacea, vegetables  
and fruit be all animal food must be forbidden Sydenham  
confined One of his patients to bed alone for twelve days  
with great advantage. The diet should be cooling and  
pleasant all spirituous liquors must be absolutely for-  
bidden. I have now briefly stated the principal remedies  
used in the acute form of Rheumatism and might perhaps  
to the consideration of the chronic and anamalous forms of  
it, but as they differ considerably in the symptoms should  
not. I find it necessary to remain silent about them since a spe-  
cial dissertation would swell ones dissertation beyond a reason-  
able size. It remains now only to say a few words of the Symp-  
toms, Prognosis and Conduct during convalescence.

Convalescence. When the disease has given way which must be  
marked by the subsidence of excitement, especially of pain  
swelling, the urine accompanied sometimes with a copious  
mucous sediment in the urine, gentle diarrhoea, greenish feces

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friction and an apparent anxiety in the limb affected to extend it.  
If we must endeavour to restore tone to the system by the ad-  
ministration of Peruvian bark with the tonic together with the  
mineral acids - of which the colicoid has with many the greatest  
want of confidence, with the use of these general remedies the limb  
soon or rather should be frequently rubbed and frequent exer-  
cise enjoined. Dr Ferriarone observes that "The stiffness, acting  
inactivity of the limbs which follow the acute state of pain  
and inflammation yield only to active exercise and friction.  
When often directed the patient when convalescent to overcome  
his seeming inability by strenuous exertions, and to walk sev-  
eral miles in the day, beginning of course with moderate attempts  
the best results have followed, even when the season of year  
or the weather allows this remedial method it cannot be too strong-  
ly enjoined, so that particular contraindications do not forbid its  
practice"

Toguesia, Chronic Rheumatism occasionally follows the acute  
and sometimes the affected joint and limb are rendered quite  
useless, the whole articulation apparatus being irreversibly  
destroyed. The disease sometimes produces an effusion of a trans-  
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parent gelatinous fluid in the sheath of the tendons and bursa mucosa, causing considerable distention, pain and unrest upon motion the swelling sometimes appears slightly inflamed, the best application here would be a knee piece, or if I may use the expression a sac of ash for the knee, made to extend for some distance both above and below the joint and to fit it accurately and thus support a firm and agreeable pressure, the fluid will be taken up by the absorbents,

To guard against the recurrence of this disease. The patient should make use of all such means as are calculated to restore vigour to the constitution and tone to the affected parts and thereby rendering himself less liable to the injurious impressions of its exciting cause.

For this purpose he should make use of the cold bath or in place of it, immersion of the feet & legs into cold water or sponging them with the same, early every morning, he should likewise wash his hands, face, head & neck, in cold instead of warm water, daily. Active exercise in the open air, but not pushed to fatigue, is of great service, a strict attention must be had to clothing, particularly I cannot next  
the skin

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 moved in 18  
 also kept his  
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the skin, this should be worn for most months of the year, and indeed in some cases of delicate persons, the year round; he should also keep his bowels regular & feet dry - it is almost superfluous to observe that during cold wet disagreeable rainy weather he should be particularly careful not to capon himself - An entire change of occupation & habits of life, or a removal to a more friendly climate has frequently been productive of an entire removal of the Rheumatic predisposition, and, when practicable, should be advised -